

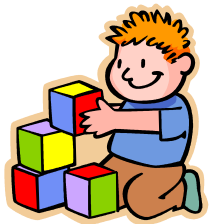
TWO-HANDED TASKS

Some children have difficulty in using two hands co-operatively; sometimes one hand is weaker so the child tends to use the stronger hand most of the time. It is important to encourage the child to use both hands, i.e. to promote bilateral integration. It is helpful to promote activities, which involve stretching across the body to the opposite side, e.g. using the right hand to grasp a pencil placed on the child's left side. Performing activities where a child moves their hands across the mid-line, e.g. touching opposite body parts - left hand to right leg will stimulate both sides of the brain.

ACTIVITIES TO ENCOURAGE THE USE OF TWO HANDS



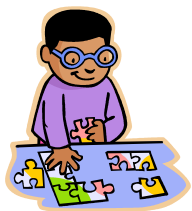
- Balls - use medium or large balls that require two hands for catching and throwing games
- Bowls - holding the bowl for mixing, e.g. pasta
- Clothes - fastening clothes, e.g. button, zip
- Construction kits - Brio, Duplo, Geomag, K'nex, Lego, Meccano, Mobilo or building bricks by pulling or unscrewing
- Container play - pouring from one container to another, try using pasta, rice, sand, water. Lids - putting on and removing



- Cutting - use the weaker hand to stabilize the paper whilst cutting with scissors in the other hand
- Finger painting - with both hands at the same time, hand prints
- Games - requiring the use of a ball and a bat or racket
- Hands - washing hands and rubbing them together
- Lacing, threading or sewing cards



- Magnets - use two magnets that have to be pulled apart, or a magnetic wand with marbles
- Musical percussion instruments - drums, cymbals, triangle, etc, playing a piano
- Paper folding or origami, to make a boat or hat
- Peg boards - pick up peg using one hand, place with the other
- Play dough, play clay - rolling clay or dough using the weaker (nondominant) hand for stabilization, e.g. making sausages, snakes



- Puzzles with interlocking pieces, insets - pick up with one hand place peg with the other
- Rolling pin - use both hands to roll out pastry, play dough
- Rope - pulling a rope hand over hand to bring it towards the body
- Rhymes - clapping, e.g. pat-a-cake finger rhymes, e.g. 1,2,3,4,5



- Sand - making circles, scribbles, swirls in a sand box
- Stationary items - scissors, split pin, stapler are easier to use with two hands
- Templates - tracing different around shapes
- Toys - pulling apart and pushing together, e.g. Brio, popoids, squeeze box, waffle boards
- Wheelbarrow - needs both hands to operate efficiently
- Wind-up toys - require two hands, one to hold, one to operate the winder - egg beater, jack-in-a-box, music box



STRATEGIES TO SUPPORT THE USE OF BOTH HANDS

Children with Cerebral Palsy, Hemiplegia can experience difficulties using both hands together and can present with delayed fine motor skills. It may prove helpful to encourage the child to use the side of the hand as well as their palm. If two-handed tasks remain difficult it may be useful to try:

Dressing

- Help the child to place the affected arm or leg into the clothing first then the other arm or leg
- When undressing take out the weaker side last
- Clothes should be a bigger size than needed
- Trousers with an elasticated waist are easier to handle



Cutting

- Assist the child by holding the paper for cutting
- Tape card for cutting so that a portion overhangs the desk – stabilize with the weaker hand and cut with the preferred hand
- Peta can supply a roller cutter or specialist scissors for one handed cutting
- Use self adhesive magnetic strips to anchor items to a metal tray



Stabilising paper

- Blu tak will secure paper to a work surface
- Use a board with clips to hold paper in place
- Use dycem or similar to anchor items, e.g. paper, card
- Use a page pal to hold paper in a vertical plane



Toys

- Attach Velcro or hook and loop to toys and work surfaces
- Use a card shuffler or holder to enable the child to play cards with one hand
- Use a clamp to hold flat toys against horizontal work surfaces
- Use a dycem mat to stabilise toys.



FURTHER INFORMATION

Dycem available from Nottingham Rehab

www.nrshealthcare.co.uk

Peta Easi Grip UK can supply a range of specialist scissors, garden and kitchen tools.
Telephone 01245 231 118 website www.peta-uk.com

Hemi-help provides information and support for children with hemiplegia and their families.
Telephone 0845 123 2372 website www.hemihelp.org.uk

Scope is a UK disability organisation whose focus is people with Cerebral Palsy.
Telephone 020 7619 7100 website www.scope.org.uk

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